



MARCH, 2017

# THE FRANKLIN Connection

MONTHLY NEWSLETTER

**The Franklin  
Senior Center**  
10 DANIEL MCCAILL ST.  
FRANKLIN, MA 02038

PHONE: 508-520-4945  
FAX: 508-520-4917

OPEN MON-FRI  
8:30am-4:00pm

The Common Grounds

## Café

Breakfast 8:30-10:00am  
Lunch 11:30-1:00pm

Ben's Bounty



**New,  
Improved  
Gift Shop**

Mon-Fri 10:am-2:00pm



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**TOWN WEBSITE:**  
<http://www.franklinma.gov/franklin-senior-center>



## HEALTH & WELLNESS PROGRAM UPDATE

We have updated our Health & Wellness Program, which is managed by our Health & Wellness Nurse, Linda Hastings. Please note the following changes to the program:

### Blood Pressure Clinic:

⇒ Thursdays from 9am to noon.

### Wellness Clinic:

⇒ Wednesdays from 9 to 11am, Linda will be available to offer blood sugar testing, health education, referral, preventive advice, medication consultation, and answers to your health-related questions.

### Safe & Secure at Home:

⇒ By appointment; Linda can do a Home Safety Evaluation (Fall Prevention) of your home's environment to reduce your risk for dangerous falls and arrange for grab bar installation if needed.

### Diabetes Support Group:

⇒ Meets on the second Wednesday of the month at 11:00 am.



## LOW VISION ASSISTANCE

The Franklin Senior Center has been awarded a grant from MCOA (MA Association of Councils on Aging), to offer training to those with low or no vision to help address their vision deficits. We have received equipment to help support that effort, and a room named in honor of Stella Jeon. Maggie Gundersen can provide one-on-one training as well as group support. For more information, please call Maggie at 508 520-4945.

## MEL HOWARDS LECTURE



Mel Howards is Professor Emeritus of Northeastern University, author of 2 books, a play, essays and poetry. He created and directed the Senior Players, a theater group at University of Southern Maine. He will present a lecture at the Center entitled, "Life is Drama: All the World's a Stage", on Wed, Mar. 22 at 11:00 a.m. Call to sign up.

# UPCOMING EVENTS....

**WEDNESDAY, MAR. 1 & 15: STRESS MANAGEMENT SUPPORT GROUP** meets at 10:00 a.m. and is led by Gail Bourassa who focuses on strategies for coping with anxiety and depression.

**FRIDAY, MAR. 3: JOIN THE SOCIAL CIRCLE!** You've got a friend! We meet at 10:00 a.m. and we work to make the Center a more welcoming place! Join us!

**FRIDAY, MAR. 3: BRAIN GAMERS** meet at 10:00 a.m. This group keeps their minds bright with challenging and engaging activities such as puzzles, games, trivia, etc. Join us!

**MONDAY, MAR. 6: GENEALOGY WORKSHOP** with Toni P. at 10:00 a.m.; use our Computer lab for research.

**MONDAY, MAR. 6: BOOK DISCUSSION GROUP** discusses *The Oregon Trail* by Rinker Buck at 11:00 a.m.

**TUESDAY, MAR. 7: CIRCUIT BREAKER INFORMATION SESSION** at 10:00 a.m. You could save up to \$1,070 on your real estate taxes if your taxes, and water & sewer charges exceed 10% of your total income. Renters may also qualify. Please call to sign up. Thanks to **Senator Richard Ross** for arranging this program.

**TUESDAY, MAR. 7: YOGA WITH COGNITIVE BEHAVIORAL THERAPY** at 1:30 p.m. This 6-week program works with both mind and body to try to reduce symptoms of anxiety and depression. Please call to register.

**WEDNESDAY, MAR. 8: DIABETES SUPPORT GROUP** meets at 11:00 a.m. Call to sign up.

**THURSDAY, MAR. 16: MEMORY CAFÉ, A POSITIVE PLACE** at 3:00 p.m. The Café is a welcoming place for those living with memory changes to enjoy an afternoon of socializing. Please call to sign up.

**FRIDAY, MAR. 17: REIKI DEMONSTRATION** at 10 a.m. Reiki is a *complementary health approach* where practitioners place their hands lightly on or just above a person, to elicit the person's healing response. It is sometimes used to help people with pain or discomfort and to promote relaxation. We host a free demonstration and explanation by a certified practitioner and start offering this service on 3/31 for \$10 for a 15 minute session.

**FRIDAY, MAR. 17: PAINT A MASTERPIECE IN A DAY with Darrell Crow;** 10:00 a.m. to 2:30 p.m. for \$25 includes all supplies. Sample of painting displayed at the Center. Please call to sign up.

**TUESDAY, MAR. 21: LOW VISION SUPPORT GROUP** at 1:00 p.m. call to sign up.

**WEDNESDAY, MAR. 22: LECTURE WITH MEL HOWARDS** at 11:00 a.m. See page 1.

**THURSDAY, MAR. 23: PLANNING FOR MEDICARE** at 4:30 p.m. with Blue Cross, Blue Shield rep, **Susan Flanagan**, for those approaching Medicare eligibility. Topics include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. Call to sign up.

**THURSDAY, MAR. 23: HORACE MANN STUDENTS** join us to share travel stories at 2:00 p.m. Join us whether or not you have travelled. It's always fun to spend time with our young friends. Please call to sign up.

**FRIDAY, MAR. 24: 'A GREAT DAY FOR THE IRISH' PARTY** at 11:00 a.m. with the fabulous pianist and singer, **Jack Ryan** who will provide lyric booklets so we can sing along to dozens of fun Irish songs. Lunch is Corn, Beef & Cabbage; tickets are \$6 and available through 3/17.

**WEDNESDAY, MAR. 29: THREE TED TALKS** at 11am; *Living a Life of Meaning*, Norman Lear, *Looks Aren't Everything*, Believe Me, I'm a Model, Cameron Russell, & *Alzheimer's is Not Normal Aging & We Can Cure It*, Samuel Cohen.

## AND THERE'S MORE:

- ⇒ **FITNESS EQUIPMENT is back!** ...and available all day, Monday through Friday. MD permission is required.
- ⇒ **SPANISH CONVERSATION CLASS** is offered on Tuesdays at 10:00 a.m. Join us!
- ⇒ **NEW LINE DANCING CLASS** with **Suzy O'Coin** at 1:00 p.m. Your first class is free!
- ⇒ **WOMENS GROUP** –we are looking for women who would like to join a group for socialization, support and fun! Call for info.
- ⇒ **BACKGAMMON, WHIST, POKER, PITCH** anyone...? Call if you would be interested in any of these.
- ⇒ **PARKINSON SUPPORT GROUP** - If you would be interested in attending, please call for information!
- ⇒ **CORNHOLE (BEAN BAG TOSS) IS FUN!** Join us on Mondays at 9:00 a.m. to play!



# DAILY SCHEDULE...

BARBER/HAIRDRESSER	Mon; 9 to 2pm/Wed; 12 to 2pm	\$8 to \$10 by appt.
BINGO	Tues & Thurs @1pm	.50 per card
BLOOD PRESSURE TESTING	Thursdays; 9am to 12pm	Free
BLOOD SUGAR TESTING	2nd & 4th Wednesdays; 8:45-10am	Free
BOOK DISCUSSION GROUP	1st Monday @ 10:30am	Free
BRAIN GAMERS	Fridays @ 10am	Free
BREAKFAST	Mon - Fri; 8:30 to 10am	varies
BRIDGE	Thursdays @ 9am	Free
BUSY BEES CRAFT GROUP	Tues & Thurs@ 9:30am	Free
CARDIO	Tues & Thurs @ 10:45am	\$3; free for Y members
CAREGIVERS SUPPORT GROUP	2nd & 4th Wednesdays; 4pm	Free
CHAIR EXERCISE	Tues & Thurs @ 9:30am	\$2
CHAIR VOLLEYBALL	Mondays & Wednesdays@ 1pm	Free
CHAIR YOGA	Wednesdays @ 10am	\$3 per session
CHES; INSTRUCTION OFFERED	1st & 3rd Tuesdays @ 1pm	Free
CRIBBAGE	Mon @ 6pm; Tues & Thurs @ 9am	Free
CRIBBAGE INSTRUCTION	Tuesdays @ 1pm	Free
COMPUTER CLASSES; INDIVIDUAL	By appointment	\$15 for 6 weeks
CORNHOLE TOSS GAME	Mondays @ 9am	Free
CURRENT EVENTS DISCUSSION GP	2nd & 4th Fridays @ 10am	Free
DOMINOES	Mondays @ 10am	Free
GIFT SHOP	Mon thru Fri; 10am to 2pm	varies
ITALIAN CONVERSATION	Mondays @ 9:30am	Free
KNITTING INSTRUCTION	Wednesdays @ 10am	Free
LEGAL CLINIC	3rd Tuesday @ 12:30am, by appt.	Free, by appt.
LUNCH	Mon - Fri; 11:30 am to 1pm	varies
MAH JONG	Mondays @ 10am & 1pm	free
MANICURES	Tuesdays 10am to 1pm, by appt.	\$8
MEDITATION	Wednesdays @ 11:15am	\$2 per session
MEMORY CAFÉ	3rd Thursday @ 3pm	Free
MOVIES	Mondays @ 1:15pm	Free
OPEN ART STUDIO	Thursdays @ 1pm	Free
PAINTING CLASS	Mondays @ 9am & 1pm	\$50 for 10 weeks
PODIATRY CLINIC	1st & 3rd Fridays @ 1pm; by appt.	Medicare coverage
POKENO	Fridays @ 1pm	Free
POOL TABLE	M-F	Free
QUILTING INSTRUCTION	Tuesdays & Wednesdays@ 1pm	Free
REIKI	Fridays; 10am-12pm	\$10/15 minutes
SCRABBLE	Wednesdays @ 10am	Free
SENIOR SCRIBBLERS	Wednesdays @ 1pm	\$1/wk. dues; optional
SHINE	Fridays @ 1pm, by appt.	Free
SILVERTONES SENIOR CHORUS	Fridays @ 2pm	Free
SPANISH CONVERSATION	Tuesdays @ 10am	Free
TAI CHI	Thursdays @ 1:15pm	\$5; free for Y members
TOPS WEIGHT LOSS SUPPORT	Fridays @ 1pm	\$32/yr. dues
TRAILBLAZERS WALKING CLUB	Wednesdays @ 9am	\$10/yr. ndues
WOODCARVING	Fridays @ 10am	Free
ZUMBA	Wed @ 12:30pm & Fri @ 11am	\$3; free for Y members



## Supportive Day Program

**THE SUNSHINE CLUB** offers frail elders individual attention and the socialization. Fun activities, lively discussions and gentle exercise make for a stimulating day.



**The Sunshine Club**

If you care for a loved one who is frail, socially isolated, or has dementia, call Carol Adiletto or Donna Haynes at (508) 520-4945 for more info.

**CAREGIVER'S SUPPORT GROUP** - on March 8 & 22 at 4:00 p.m. Participation in the Supportive Day Program is not required for this group and respite care is available during the meeting. Call to sign up and to make a reservation for respite care.

**MEMORY CAFÉ** is offered on the third Thursday of the month at 3:00 p.m. This is a welcoming place where those with memory loss and their care partners can socialize and enjoy a pleasant time without stress or anxiety; call to sign up.

## Monday Matinee



**Movies shown on Mondays at 1:15 p.m.**

**Mar. 6: ALLIED ( R )** An intelligence officer encounters a French Resistance fighter on a deadly mission behind enemy lines in 1942 North Africa; with Brad Pitt & Marion Cotillard.

**Mar. 13: NINE LIVES ( PG )** A workaholic's daughter wants a cat for her birthday so he finds a mystical pet store and the store's owner offers him a magical tomcat, named Mr. Fuzzypants; with Kevin Spacey & Jennifer Garner.

**Mar. 20: INFERNO** In this adaptation of Dan Brown's best-selling novel, Harvard Symbolologist Robert Langdon uses Dante's The Divine Comedy as a tool to prevent a devastating global pandemic; with Tom Hanks & Felicity Jones.

**Mar. 27: LOVING (PG-13)** A story of an interracial couple, who married and then spent the next 9 years fighting for the right to live as a family in their hometown. Their civil rights case went to the Supreme Court, which reaffirmed the right to marry; with Joel Edgerton & Ruth Negga.

## Trips...

Date	Destination	Details	Cost
3/15/17	<b>Irish Gala Show features Willoughby Brothers &amp; the Dublin Dancers at Venus DeMilo, Swansea.</b>	<i>These six brothers feature Irish ballads, popular classics and contemporary songs and the Dublin Dancers offer classic Irish Step Dancing. Luncheon is Corned Beef &amp; Cabbage or Baked Schrod.</i>	\$70/person, all inclusive.
4/6/17	<b>Twin River Casino, Lincoln, R.I.</b>	Enjoy slots & simulcast races and more!	\$5/person, transp. only
5/24/17	<b>Staying Alive, Bee Gees Tribute Band, Lake Pearl</b>	<i>A great concert with Choice of Stuffed Chix Breast or Baked Schrod.</i>	\$69/person; <b>DRIVE ON YOUR OWN</b>

**TRIP POLICY:** Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.

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- Private Home Care
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*Celebrate life...*

For more information, call Alissa Suitum, LSW,  
Director of Community Relations at 508.958.0301  
or suituma@elderservices.com

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*New Adult Day Health Memory Care Center "Opening 2017"*

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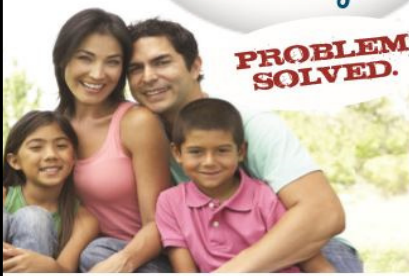
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The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the Friends of Franklin Elders. We know that by taking action and lending a hand to our neighbors, we're strengthening the same communities in which we live and work. And that's something we can all get behind.

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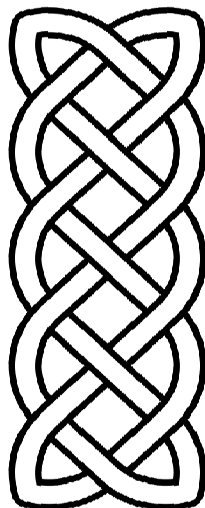
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## Information & Referral...

**FUEL ASSISTANCE IS STILL AVAILABLE:** Call the Senior Center if you are interested in applying for Fuel Assistance. Current income guidelines are as follows: One-person household, up to \$23,760 gross annual income; two-person household, up to \$32,040 gross annual income; and three-person household, up to \$54,925 gross annual income. You may qualify if you rent in non-subsidized housing.



**MORE FUEL ASSISTANCE:** If your income exceeds Fuel Assistance limits, you may qualify for a supplemental program. The Franklin Supplemental Fuel Assistance Program offers assistance to residents with the following income guidelines: One-person household, up to \$51,150 gross per year, two-person household, up to \$58,450 gross per year, and for a three-person household, up to \$65,750 gross income per year. Eligibility for Fuel Assistance may be accepted as verification of income. Applications are at the Senior Center.

**MEDICARE & THE AFFORDABLE CARE ACT:** The Central Mass SHINE Program informs us that, if the Affordable Care Act (Obama Care)(ACA) is repealed, seniors and those with disabilities will pay more in Medicare costs. The ACA helped people with Medicare by closing the Medicare “donut hole” and providing free preventative services. One in four Medicare Part D enrollees has high enough prescription drug spending to fall into the Medicare “donut hole”. This means that nine million seniors and people with disabilities would face much higher prescription costs. Since 2010, Medicare enrollees have saved \$2,272 per person on prescription drugs. Seniors and other beneficiaries would also see costs for Medicare preventative services that are free under the Affordable Care Act. The SHINE program will keep us up-to-date on how to address any changes that occur to the Medicare program so stay tuned!

**MASS SAVE ENERGY AUDIT:** Mass Save can send an Energy Specialist to assess your home’s current energy use, provide a custom list of energy-saving recommendations, and help you with a plan to make your home more energy efficient. MASS SAVE offers generous rebates on qualifying energy-efficient heating and water heating equipment and the opportunity to apply for 0% financing. Call 866-527-7283 to schedule your no-cost Home Energy Assessment.

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- **Blaire House & FOFE** for funding refreshments for our Open House.
- **The Social Circle** for providing information at our Open House.
- **Senator Richard Ross** for arranging the Circuit Breaker presentation.
- **Lyn O'Brien** for providing TB testing to staff.
- **Bob Bertone & Ron Higginbottom** for helping set up our Gift Shop.
- **Pat Stevens, Nancy Mooradian, Carol Ellsworth, Joan Spiegel, Dotty Perchard, Lynda Strissel, Kathleen Hadden, Joann Wright, Stephanie Saunders, Joan Scaringella, Laura May, Diana Foster, Gabriella Buglione, Mary Coughlin, Lisa Davis, Mitchell Fontan, Janice Cederquist, Rick Moore, Irene Pond, Minna Foster, Sue Gurrie, Carol Sheck, Joe Mullen, Mona Paine & Barbara Lane** for generous donations to our Gift Shop.

*Thank you*

### COMPANION CAREGIVERS RESPITE PROGRAM



*If you don't take care of yourself, you may not be able to care for your loved one! We offer a screened, trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour. This service provides socialization and stimulation for your loved one and respite for you. The first visit is free! Call Camille Rubino at (508) 520-4945 for more information.*

## Friends of Franklin Elders

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our membership drive is currently in swing! Thank you for your ongoing support of the Friends of Franklin Elders and our efforts to support the Franklin Senior Center.

## Generous Donations

- ♦ Barbara & Tony Kucich
- ♦ Susan & Joseph Leary
- ♦ Stanley Zatkowski
- ♦ Hans & Gunnlaug Bloemink
- ♦ Robert & Joyce Collemer
- ♦ James Ginley
- ♦ Andrew Johnson
- ♦ Alan Kober
- ♦ Jim & Joan Malloy
- ♦ Nancy Rappa
- ♦ Nancy & Ron Stranding

## Memorial Donations

- ♦ Lucy Semerjian in memory of Garabed Semerjian
- ♦ Lucy & Luigi Cerundolo in memory of Cerundolo & Annantuonio Families
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- ♦ Leon Bertone in memory of Priscilla Bertone
- ♦ Rose Bertoni in memory of Celide Bartolomei, Felix & Steven Bertoni
- ♦ Mary Brady in memory of Carole White
- ♦ Joannah Brunelli in memory of Enrico & Isola Bassignani
- ♦ Peter Bucchiano in memory of Sandra Lee Bucchiano
- ♦ William Reynolds in memory of Barbara Reynolds
- ♦ Hilary Perry in memory of Geoff Perry
- ♦ Joyce Pisani in memory of Mabel Holmes
- ♦ Elaine Rosetti in memory of William J. Rosetti
- ♦ Joanne Rosetti in memory of Marty Young

## Memorial Donations

- ♦ Angelina Carlucci in memory of Anthony Mucciarone, Anthony & Olga Mucciarone, Nelo & Josephine Luccini
- ♦ Ernest Collamati in memory of Germaine Collamati
- ♦ Ken & Lindy Conroe in memory of Norma G. Conroe
- ♦ Jane & Peter Coppola in memory of Andrew C. Coppola
- ♦ Richard Corsini in memory of Peggy Corsini
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- ♦ Ralph DeLucia in memory of Suzanne H. DeLucia
- ♦ Pierre & Roberta Demers in memory of Stanley & Jean Drewniak
- ♦ George & Phyllis Dempsey in memory of William McGowen
- ♦ Alice Dunne in memory of Jane Christy
- ♦ Dean & Linda Fish in memory of Kenneth Vozzella
- ♦ Joan Fontaine in memory of Matthew & Bruce Fontaine
- ♦ Carlo & Rita Geromini in memory of Balda Nusuti
- ♦ Bob Giordano in memory of Charlie Ross
- ♦ Christine Gruner in memory of Helen Boghosian
- ♦ Margaret Holland in memory of George Murch
- ♦ Sheila Hooper in memory of Joe Hooper
- ♦ Barbara James in memory of William T. James
- ♦ Jodi Kanadian in memory of Leslie Rappa
- ♦ Cora Labossiere in memory of Francis Labossiere & Fannie Pichierri
- ♦ Paula Lomberto in memory of Olga Mahan
- ♦ Anita Mastromatteo in memory of Raymond & Lisa Mastromatteo
- ♦ Nancy McDonald in memory of Agnes D'Aniello
- ♦ Karen McGuire in memory of John McGuire
- ♦ Tony Mucciarone in memory of Joanne Mucciarone
- ♦ Celia Pasquarosa in memory of Paul Pasquarosa

## FRANKLIN COUNCIL ON AGING

### Officers:

Chairman..... Ken Norman  
Vice-Chairman.....Bob Crowley  
Secretary.....Barbara Deely

### Members:

Gail Chirdon, Mary Hick, Ron Higginbottom,  
Lyn O'Brien, Suzanne Wade & Lester Quan

### Staff:

Certified Director .....Karen Alves  
Program Coordinator.....Sue Barbour  
Vet's Agent.....Dale Kurtz  
Social Svc. Coordinators.....Maggie Gundersen  
& Erin Rogers  
Supportive Day Coordinators.....Carol Adiletto  
& Donna Haynes  
Supportive Day Program Aide.....Donna Brunelli  
Health & Wellness Nurse.....Linda Hastings  
Receptionists.....Claire Lewis  
& Gloria Gelineau  
Grill Cook.....Paul Ledwith  
Respite Supervisor.....Camille Rubino  
Respite Companions.....Karen Calabrese,  
Mary Claire Flaherty & Susan LaRosa

The Franklin Connection is distributed with  
funds provided by the Executive Office  
of Elder Affairs, and the Friends of  
Franklin Elders, Inc.

Friends of Franklin Elders, Inc.  
c/o Franklin Council on Aging  
10 Daniel McCahill Street  
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## Franklin Senior Center

*"Independence, Engagement & Connection!"*

The Franklin Council on Aging meets on the second Tuesday of the month at  
10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and  
quality of life for Franklin older adults by:

- ◆ Identifying the needs of this population and creating programs that meet those needs.
- ◆ Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.
- ◆ Advocating for relevant programs and services in our community.
- ◆ Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.

## And On The Lighter Side...

### SOME BLARNEY

- ◆ Murphy told Quinn that his wife was driving him to drink. Quinn considers him to be very lucky. His wife makes him walk.
- ◆ Reilly went to trial for armed robbery. The jury foreman came out and announced, "Not guilty." "Oh my!" shouted Reilly. "Does that mean I get to keep the money?"
- ◆ O'Shea phoned the maternity ward at the hospital. "Quick!" He said. "Send an ambulance, me wife is about to have a baby!" "Is this her first baby?" the intern asked. "No ya idjit, this is her husband, Kevin"!
- ◆ Two Irishmen walk out of a bar... It could happen.



### PUNNY

- Once you've seen one shopping center, you've seen the mall.
- Santa's helpers are subordinate clauses.
- Goodbye water, you will be mist.
- Why does Waldo wear stripes? ...because he doesn't wanna be spotted.
- I put my grandma on speed dial - I call that Instagram.
- Do not trust atoms, they make up everything.

